COMMUNITY

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What A Legacy!

EL CENTRAL HISPANIC NEWS

Michigan's #1, Oldest, Largest and Only Bilingual Hispanic News • Free! ¡Gratis! • Vol. 33, #51 • **October 20, 2022**

SPORTS

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Maize Out the Big House

Premios Talentos Latinos Honra Héroes Anónimos

El pasado 13 de octubre, Latinos En Michigan y Minority Education Freedom Foundation presentaron por cuarta vez consecutiva los "Premios Talentos Latinos", una iniciativa que fue creada por Liliana Ospina y su esposo John Herbstreith en 2019 para reconocer a los miembros de la comunidad latina, que a través de su trabajo o voluntariado ayudan a mejorar la vida de muchos latinos en Michigan.

En 2022, al igual que en las ediciones anteriores, los Premios Talentos Latinos destacaron la diversidad de la Comunidad Latina y reconocieron el trabajo y servicio de muchos héroes hispanos anónimos que trabajan arduamente para el mejoramiento de la Comunidad Latina en Michigan.

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Talentos Latinos Awards Honors Unsung Heroes

Cara Clemente, left, MIchigan State Representative and candidate for Wayne County Commission, along with Brazilian dancer Cely Maria Dias. Photo credit: Jesse Gonzalez

On October 13, Latinos En Michigan and Minority Education Freedom Foundation presented for the fourth consecutive time the Latino Talent Awards, an initiative that was created by Liliana Ospina and her husband John Herbstreith in 2019 to recognize members of the Latino community, who through their work or volunteerism help improve the lives of many Latinos in Michigan.

In 2022, as in previous editions, The Talentos Latinos Awards highlighted the diversity of the Latino Community and recognized the work and service of many Hispanic unsung heroes who work hard for the betterment of the Latinos Community in Michigan.

This year, the awards were held at Lincoln Manor in Lincoln Park and, unlike previous years, included people who, despite not being Latinos, have been helping the Hispanic community for years.

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Matrix Presents Bagley Street Film Festival

The decisions are made. The films are chosen. And, Matrix Theatre is ready for its closeup with a great lineup of movies at its upcoming Bagley Street Film Festival, a celebration of Michigan filmmakers, taking place October 21, 22, and 23, held at two (2) locations in Southwest Detroit's Mexicantown: Matrix Theatre at 2730 Bagley and The Ford Resource & Engagement Center at 20th Street, directly across from the theatre.

The festival highlights Michigan filmmakers in a variety of film types – features, documentaries, shorts, and animation, along with a special block of films produced by youth 17 and under. Ticket prices are $10 per block, or buy a weekend pass for $30. Closing night awards reception is Sunday, October 23. For more information, or to order tickets, go to filmfreeway.com/BagleyStreetFilmFestival and www.matrixtheatre.org, or call 313.967.0999 for information.

"The Bagley Street Film Festival brings together local filmmakers who are sharing stories from their communities, their personal experiences, and their creative imagination to engage new audiences in thoughtful conversation," said filmmaker and Festival Chair Maurizio Dominguez. "We are excited to be presenting a block of films entirely produced by youth ages 17 and under."

Matrix Bagley Street Film Festival, "We have a little bit of everything," said Matrix Director of Production, Marisa Dluge. "You can learn about the history of Detroit in a moving documentary feature, Diary of an Undertaker. Get the details on the beginnings of the WNBA from a film on its first recruit in Miss Basketball. Experience the early days of Black Bottom, along with the influence music had on the community's vibrancy in Paradise Boogie.

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Google

Un periodista buscaba amplificar las voces de las comunidades de color en Minnesota

Por eso, Mukhtar M. Ibrahim fundó Sahan Journal, una organización sin fines de lucro dedicada a cubrir asuntos importantes para las comunidades de inmigrantes y otras comunidades desatendidas.

Luego de participar en el programa de ingresos ganados en Google, el sitio de noticias experimentó un incremento de más del 830% en sus ganancias publicitarias. Y ahora, con apoyo adicional, Sahan Journal está liderando un esfuerzo colaborativo para llegar a una audiencia más amplia con noticias en español, somalí y hmong.

Conoce más sobre cómo Google apoya las noticias locales en g.co/noticiaslocales

20 Students Awarded 2022 Hispanic Latino Commission of Michigan Scholarship

To further career development and increase the enrollment of Hispanics in postsecondary education and training programs, the Hispanic Latino Commission of Michigan (HLCOM) awarded $20,000 to 20 students through their Hispanic Latino Commission Scholarship. Recipients of the scholarship are students currently enrolled in a Michigan-based high school, college, university or other recognized higher education institution who plan on utilizing the funds for postsecondary education.

"The $1,000 scholarship provides Hispanic and Latino students with added financial stability to help them achieve their education and career dreams," Office of Global Michigan Director Poppy Hernandez said. "Through this scholarship and our work to make Michigan a welcoming state, we are committed to providing ongoing support that helps empower and engage all individuals to make Michigan a home for opportunity."

Scholarship recipients* from across the state are as follows:

- **Joe Galaviz** — Lawton, Michigan
- **Andrea Valdes Flores** — Zeeland, Michigan
- **Lazaro Salais** — Lansing, Michigan
- **Jessica Cortes** — Bangor, Michigan
- **Heidi Garay-Estupinian** — Mount Pleasant, Michigan
- **Leah Flores Cabrera** — Troy, Michigan
- **Robin Morales** — Lansing, Michigan
- **Pablo Tang** — St. Claire Shores, Michigan
- **Alexis Robles-Vasquez** — Grand Rapids, Michigan
- **Deisy Magana** — Grand Rapids, Michigan
- **Jazmin Cruz Amaya** — Bay City, Michigan
- **Paula Duva Rodriguez** — East Lansing, Michigan
- **Damaris Vail Mencho** — Grand Rapids, Michigan
- **Amina Torres** — Dearborn, Michigan
- **Vanessa Pena** — Holland, Michigan
- **Gabriella Olivarez** — Saginaw, Michigan
- **Jordan Hernandez** — Muskegon, Michigan
- **Nightdelyn Martinez** — River Rouge, Michigan

Over 80 applications were submitted, and selections were made based on student's submitted essay, grade point average, letters of recommendation, and community service experience. Each of these students will receive $1,000 in scholarship funding to support their educational attainment goals.

"One of the most important responsibilities of the Commission is the advancement of educational and economic opportunity for our Latinx communities," said HLCOM Commission Chair Jesse Bernal. "We are so proud to be able to award and recognize Latinx youth across the state of Michigan with scholarship awards to begin or continue their postsecondary education. Not only do all these students represent our state so well, but these awards symbolize our confidence and faith that they will continue to contribute to our community and state for years to come."

HLCOM strives to market the state's career development services to Michigan Hispanics, encourage initiatives to reduce the high school dropout rates of Hispanic youth and facilitate efforts to increase the enrollment of Hispanics in postsecondary education and training programs. Learn more about the Commission and their work at www.michigan.gov/ogm/commissions/

**The above list of scholarship recipients includes the names of the students who gave permission to share their award status.*

Festival de Otoño
Esperanza Para Sobrevivientes
Únase a nuestro evento anual Esperanza Para Sobrevivientes
¡Familiar, gratis y abierto al público!
Sábado 29 de octubre 2022
10:00 AM – 11:30 PM
CHASS Center | 5635 West Fort Street, Detroit, MI 48209
Camine por el Festival de Otoño para conocer el trabajo que el programa de LA VIDA está haciendo para poner fin a la violencia de género en nuestra comunidad.
• ¡Camine por los diferentes vehículos decorados y recoja golosinas!
• Vista de púrpura para protestar contra la violencia doméstica.
• Ahuyenta el abuso vistiéndose con su disfraz favorito y decorando su vehículo.
• ¡Golosinas, estaciones de recursos, regalos y más!
Para obtener más información, llame a:
LA VIDA Partnership al 313.849.3920 ext. 5060 | www.chasscenter.org
CHASS
Community Health And Social Services Center
LA VIDA
chasscenter.org

PENSAMIENTOS Y RECUERDOS

Jose Alfaro; What A Legacy!

By: Ozzie Rivera

I ask myself why when I was younger I did not spend more time with the many elders that I was surrounded by whom I knew had spent most of their lives organizing for our community rights and for a better life for their children and generations to follow. People like Dr. Lucy Arrellano-Gajec the historian and cultural activist, Rafael Picón, the mid-level auto executive who placated his inner soul as a cultural and community organizer, Jeff Stansbury, union newspaper manager and co-founder of Casa de Unidad, Angel Cornejo El Comité leader and radio personality, Gus Gaynett union organizer and co-founder of Latino En Marcha, Sixto Rodriguez famed musician and subject of the Oscar winning film Looking for Sugarman, among many others. It is in this class of top level and committed individuals that I must include the name of the great Jose Alfaro.

Though I knew Jose Alfaro and of his work I did not really get an idea of his greatness till during my days as the co-founder of Casa de Unidad in the early 80's. Soon after its establishment Casa would become a membership-based organization and he would soon join. He quickly contributed to our efforts to advance the arts and political representation. He was considered a mentor to many of us. His history of activism dated back to the 1920's, yet far too many in our community do not know of his storied career. I must say I regret never having interviewed him. Luckily others within the organization did! So, in addition to some of my recollections I am drawing upon a Casa de Unidad publication as well as a nationally syndicated 1988 PBS documentary "Rivera in American" filmed by Rick Tejada Flores, to flesh out some of his history. An article I found in the September-October 1982 edition of Casa's community newspaper, El Barrio detailed most of his life's experience.

He, like many of his countrymen/women of his time, left Mexico in 1917. In 1918 he found work on the Baltimore and Ohio railroad and Pennsylvania coal mines before returning to Mexico. In 1923 he returned to the U.S. stopping first in Texas before coming up to Detroit to work in the auto plants. He started as a sweeper but would eventually become a journeyman molder.

Jose Alfaro immediately started contributing to the artistic and cultural life of Detroit's Mexican and Mexican American community. He was a dancer, singer, actor, typesetter (printing) editor, store keeper, master of ceremonies at numerous community functions in addition to being a parent. He would actively promote the barrio's culture from the 20's by singing and dancing on stage and nightclubs throughout the area. The first nightclub where he performed at was the Harmonie Club.

When the internationally renowned Mexican muralist Diego Rivera, accompanied by his wife and fellow artist Frida Khalo, arrived in Detroit in 1932 to paint the Detroit Institute of Arts fresco mural they found a close friend in Jose Alfaro. Detroit at this point was in the throes of not only the great depression but also significant labor unrest. It was a very critical period in the city's history. Alfaro's interactions with Rivera and Kayla would become part of the Detroit era story covered in the 1988 PBS documentary "Rivera in America". In several segments of the film Jose Alfaro reminisces about their friendship and how at times Rivera would share his feelings about the controversy that would surround the painting of the mural. Diego Rivera, in turn, would have an impact on Detroit's Mexican American community which at that time was suffering the infamous mid-30's U.S. repatriation(deportation) campaign which would decimate our community. Diego Rivera, though powerless to stop this deportation effort, would donate funds to families and individual members of the barrio waiting at the train station to be repatriated in an effort to soften this grievous blow. It was noted that it is quite possible several thousand were helped by Rivera's kindness. The documentary as well as the 1982 El Barrio article, referred to above, noted Mr. Alfaro's organized and performed at an event held in Diego Rivera's honor in the old Houghton School, the building located on Trumbull, on the I-75 service drive.

Jose Alfaro during the 30's and 40's published the barrio's first Spanish language newspapers while also producing a live radio program "Spanish Serenades" in which he sang and interviewed guests. He returned to radio between 1965 to 1980 when he hosted and produced the program "Mexico Musicale" on WQRS. During his lifetime he often served as master of ceremonies for numerous community events. He wrote about culture, history and social life when he published such newspapers as "El Átomo" and "Noticias" between 1934 and 1958. He was also a printer too, often handling the technical end!

In his later years, starting in 1973, he served as the director of the Latin American Senior Citizens Center for a number of years. At that time the center was located on 24th Street. No question he continued, way into his own senior years, serving our community. The article went on to say he celebrated his 85th birthday on August 25th 1982. What a legacy! If only I had spent more time talking to him. What else could I have discovered?

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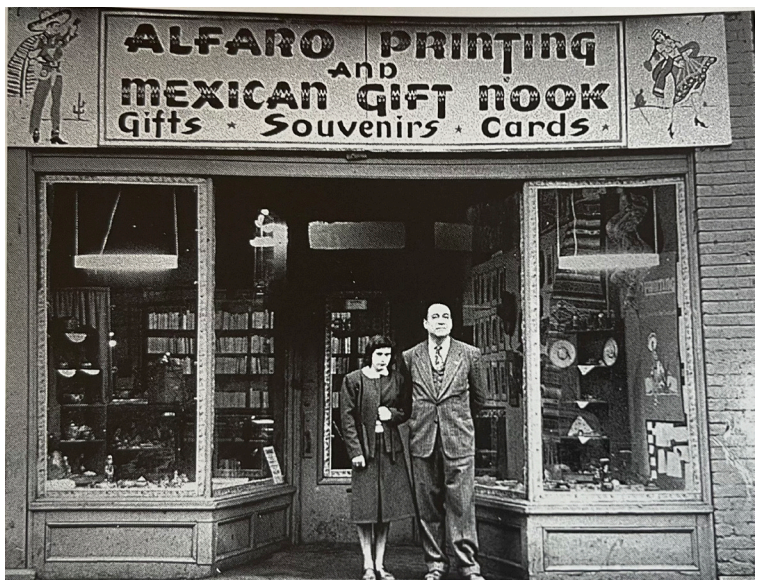
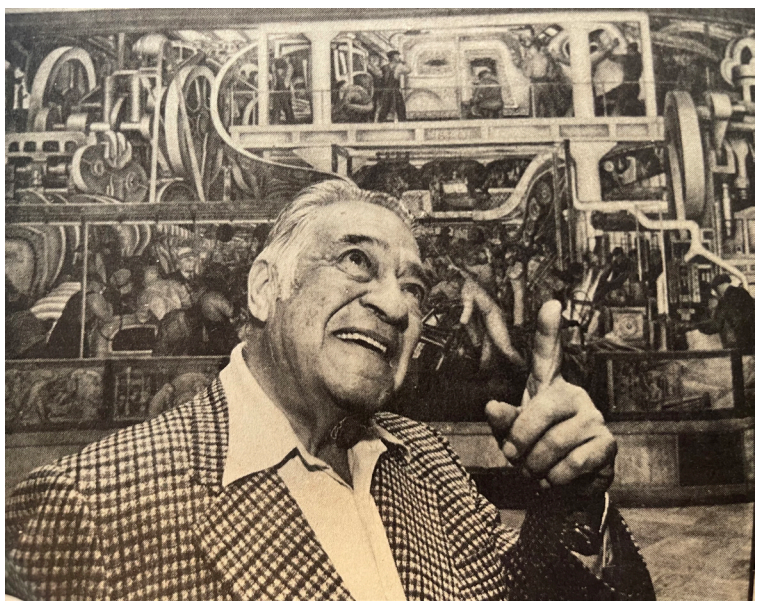


Jose and Irene Alfaro in front of Alfaro Printing, circa 1940's-Source-1995 Fiesta, Fe Y Cultura, published by Michigan State University with Casa de Unidad collaboration



Jose Alfaro in front of Diego Rivera-DIA Mural-source El Barrio (Casa de Unidad)

Ozzie Rivera, a retired social worker, is a cultural activist and musician who currently teaches on Afro Latino History and Culture at Wayne State University and social work at the University of Michigan.

Special World's Cultures

Corn Truffle or Huitlacoche

Corn truffle or Huitlacoche

September and October are months known in Mexico for the corn harvest time, and therefore the elotizas come, which are family and community gatherings in which corn is eaten in many different ways and derived products. Tamales and atoles are served; And of course, some corn is cooked by boiling in salted water and epazote, or grilled, eaten directly from the cob or shelled in a glass with salt, lemon and chili; or spread cream and cheese on them. Sometimes they are grilled. Corn cake is served, and in one or another place also gorditas.

The relevance of all this is that consumption is not only in fresh or dry corn for dough; but also, through the fungi that grow in it, the huitlacoche.

The huitlacoche or also called

the corn truffle is the fungus that grows in the corn and in these holidays the delicacies come, traditionally stewed with onion, tomato and epazote in a pan for tacos and quesadillas.

Huitlacoche is a traditional food that shows the preponderance of corn and its use within the entire culinary gastronomic culture.

Recently, Carín León, the Sonoran singer and one of the most popular, recovered the song La boda del Huitlacoche, in this song we can find that the characters represent features of society, and use a style of the revolution in which the characters are animalized so that they represent what cannot be talked about.

On the one hand, we have the huitlacoche, which is the sacred food and only temporary, at least previously, and on the other we have the magpie, which represents the cries, the conflict, and the complaints. Coyotes do not usually live in the jungles but in semi-desert areas, however, the festive event takes place in a place of risk for birds where predators can end their aerial lives. The main characters are birds, with the exception of the huitlacoche.

The wedding is taking place, according to the brand, near the rumorosa, a road known for its dangerous curves of the cliff, even the road to the wedding seems to be accessible only to winged guests. The compadre tamarindo returns to the vegetable characters, the tamarind is also a seasonal food, not only that, but it is a product only planted in certain regions of the country with high distribution.

Diles que lo viste en *EL CENTRAL*

Tell them you saw it in *EL CENTRAL*

Song: The Huitlacoche Wedding
Interpreter: Carin Leon

and we continue, compadre
so that they can continue dancing machín, compadrito
it says, it is called "the wedding of the huitlacoche"
ay ay ay!
the wedding was celebrated in the jungle of the coyote
the wedding was celebrated in the jungle of the coyote
the turkeys were singing very stubborn
they were very drunk when the owl arrived
when the owl came calming down the mitote
Huitlacoche got married today
with a famous magpie
the wedding was celebrated there by the rumorosa
the wedding was celebrated there by the rumorosa
we love there
Whoa-whoa!
throw him, compa yaitan
throw it machin, compa woody
they were already on the stand when the buzzard arrived
they shouted on the stand when the buzzard arrived
asking them for a rolled galfarro, but bought
bought with his money that he even took off his hat
who even took off his hat and said to his partner
Huitlacoche got married today
with a famous magpie
the wedding was celebrated there by the rumorosa
the wedding was celebrated there by the rumorosa
enjoy, mate
compa tamarind
and up the route of the sonorous uncle, compadre
Let's go!
since they were not invited, several were very cool
since they were not invited, several were very cool
down in a little patio there were some roadrunners
up on some pebbles were some güilotas
there were some güilotas throwing a big one
Huitlacoche got married today
with a famous magpie
the wedding was celebrated there by the rumorosa
the wedding was celebrated there by the rumorosa
enjoy it!
Ooh-ooh-ooh!
Let's go!

ESPECIAL CULTURAS DEL MUNDO Huitlacoche

Huitlacoche o Cuitlacoche

Septiembre y octubre son meses conocidos en México por el tiempo de cosecha de maíz, y por tanto vienen las elotizas, que son reuniones en las que se come maíz de muy variadas maneras y productos derivados. Se sirven tamales y atoles; y por supuesto, algunos elotes se cuecen hirviendo en agua con sal y epazote, o se ponen a asar, comiéndose directamente de la mazorca o desgranados en vaso con sal, limón y chile; o untarles crema y queso. A veces se ponen a asar en el grill. Se sirve pastel de elote, y en uno que otro lugar también gorditas.

Lo relevante de todo esto, es que el consumo no queda sólo en el maíz fresco o seco para masa; sino que también, a través de los hongos que en él crecen, el huitlacoche.

El huitlacoche o también llamado la trufa del maíz es el hongo que crece en el maíz y en estas fiestas vienen los manjares, tradicionalmente guisado con

cebolla, jitomate y epazote en un sartén para tacos y quesadillas.

El huitlacoche es un alimento tradicional que muestra la preponderancia del maíz y su aprovechamiento dentro de toda la cultura gastronómica culinaria.

Hace poco Carín León el cantante sonorense y uno de los más populares recuperó la canción La boda del Huitlacoche, en esta canción podemos encontrar que los personajes representan rasgos de la sociedad, y utiliza un estilo de la revolución en el que se animaliza a los personajes para que representen aquello de lo que no se puede hablar.

Por un lado, tenemos al huitlacoche que es el alimento sagrado y únicamente de temporal, al menos anteriormente, y por el otro tenemos a la urraca que representa los gritos, el conflicto y las quejas. Los coyotes no suelen vivir en las selvas sino en zonas semidesérticas, sin embargo, el evento festivo se realiza en un lugar de riesgo para las aves donde los depredadores pueden acabar con sus aéreas vidas. Los personajes principales son aves, a excepción del huitlacoche.

La boda se celebra, según marca, cerca de la rumorosa, una carretera conocida por sus peligrosas curvas del despeñadero, incluso el camino a la boda sólo parece ser accesible para invitados alados. El compadre tamarindo vuelve a los personajes vegetales, el tamarindo también alimento de temporal, no sólo eso, sino que es un producto sólo sembrado en ciertas regiones del país con alta distribución.

Canción: La Boda Del Huitlacoche
Intérprete: Carín León

y continuamos, compadre
pa' que lo sigan bailando machín, compadrito
dice, se llama "la boda del huitlacoche"
¡ay-ay-ay!
la boda la celebraban en la selva del coyote
la boda la celebraban en la selva del coyote
estaban los guajolotes cantando bien neciezotes
estaban bien borrachotes cuando llegó el tecolote
cuando llegó el tecolote calmándoles el mitote
hoy se casó el huitlacoche
con una urraca famosa
la boda la celebraban allá por la rumorosa
la boda la celebraban allá por la rumorosa
'amos ahí
¡uyah-uyah!
échele, compa yaitan
tíralo machín, compa woody
ya estaban en el estrado cuando llegó el zopilote
gritaban en el estrado cuando llegó el zopilote
pidiéndoles un galfarro rodado, pero comprado
comprado con su dinero que hasta se quitó el sombrero
que hasta se quitó el sombrero y dijo a su compañero
hoy se casó el huitlacoche
con una urraca famosa
la boda la celebraban allá por la rumorosa
la boda la celebraban allá por la rumorosa
a gozar, compadre
compa tamarindo
y arriba la ruta del tío sonora, compadre
¡'ámonos!
como no los invitaron, varios estaban muy muinos
como no los invitaron, varios estaban muy muinos
abajo en un patiecito había unos correcaminos
arriba en unas piedrotas estaban unas güilotas
estaban unas güilotas echándose una grandota
hoy se casó el huitlacoche
con una urraca famosa
la boda la celebraban allá por la rumorosa
la boda la celebraban allá por la rumorosa
¡a gozar!
¡uyah-uyah-uyah!
¡'ámonos!

Sigue cada semana en **EL CENTRAL** nuestro
ESPECIAL CULTURAS DEL MUNDO,
by Mariana Ayón RV

Lieutenant Governor Joins Global Detroit to Highlight the Importance of International Student Retention

New research emphasizes growing importance of international student retention talent to Michigan

Lieutenant Governor Garlin Gilchrist recently joined leaders from the Detroit Regional Chamber, private industry and Digital Lakes to discuss Global Detroit's newest research chronicling the growing importance of international student talent to the state's economic competitiveness. The research report documents the exponential growth of international student talent in Michigan's economy over the past decade, chronicling a 330 percent growth rate in the annual number of international student graduates hired by Michigan employers.

"Attracting and retaining the talented students at our world-class universities is key to growing our economy, creating jobs, and building on Michigan's heritage of innovation," said Lt. Governor Garlin Gilchrist II. "Global Detroit's report highlighting international students' $825+ million in annual contribution to Michigan's economy shows the importance of building on our budget investment in statewide global talent retention efforts. Governor Whitmer and I will work with anyone and compete with everyone to build prosperity for Michigan communities."

Global Detroit's study was based upon first-of-its-kind data obtained by the Pew Research Center tracking international students working in the U.S. under their student visas after graduation. Using Freedom of Information Act (FOIA) requests, Pew assembled the records of over one million international students working in the U.S. from 2004-2016. Global Detroit's analysis of this data, combined with other public data sources, paints a vivid picture of the importance of international student retention. Specifically, Global Detroit's report "International Student Talent in the Michigan Workforce: A Growing Solution to the Talent Gap" points out that:

• International students accounted for 74 percent of all the graduate students in electrical engineering, 72 percent of all the graduate students in computer sciences and more than 50 percent of all the graduate students in industrial and manufacturing engineering, mechanical engineering, mathematics, and other critical fields of study at U.S. colleges and universities.

• Michigan colleges and universities had 27,500 international students in 2020-21, the 9th largest international student population in the nation. These students contributed over $825 million in economic activity to Michigan's economy.

• Nationally, while international students comprise 12 percent of the students enrolled at public colleges and universities, they provide 28 percent of the tuition dollars.

• Michigan employers hired more than 40,000 international students from 2004-16 and was the 10th largest employer of international students working under their student visas.

• The number of international students hired annually by Michigan companies grew throughout this thirteen-year period and by some 330 percent over the period studied.

• Nearly 9,000 international students were hired by Michigan employers in 2016 alone.

• International students from Michigan colleges and universities were nearly as likely to remain in Michigan for their employment as in-state students as some 60 percent of the students studying at Michigan schools who worked on their student visa stayed in-state.

"This is groundbreaking research that no other state has produced," said Steve Tobocman, Global Detroit's executive director. "The State of Michigan's recent appropriation of funds, combined with the region's recent $52 million federal Economic Development Administration grant to build a global epicenter of mobility, will enable Global Detroit, regional chambers of commerce and economic development organizations across the state, industry groups and companies to build talent pipelines that clearly position our state as a global leader in talent attraction and retention."

The research report is part of an ever-growing body of Global Detroit research on the benefits of building an immigrant-inclusive economy. Global Detroit worked with the University Research Corridor, University of Michigan, Michigan State University, Wayne State University, University of Michigan-Dearborn, Eastern Michigan University, Oakland University and Lawrence Technological University and private sector advocacy groups to launch the Global Talent Retention Initiative (GTRI) the nation's first international student retention program in 2011 with support from the New Economy Initiative. Over the past decade, GTRI has worked with scores of Michigan companies, hosted job fairs and employer legal workshops and supported thousands of international students in preparing themselves of entering the Michigan workforce and connecting with unmet talent needs in the Michigan economy.

GTRI is one of several initiatives funded in the State of Michigan's FY 2023 budget to expand economic development and talent programs that attract and retain global talent. The $5 million allocation, combined with national leading programs at Global Detroit, the Office of Global Michigan, Detroit Mayor's Office of Immigrant Affairs and growing welcoming initiative across the state position Michigan as a national leader in an emerging area of public and economic policy focusing on immigrant-inclusive economic development.

Funding for this research was provided by the Fakhoury Global Immigration, OpTech Solutions and the William Davidson Foundation, while pro bono research services were provided by One Magnify. To access the research report, visit https://globaldetroitmi.org/our-research/.

Global Detroit is a regional economic development organization that develops and implements immigrant-inclusive policies, practices and programs to drive the revitalization of Detroit and the sustained prosperity of Southeast Michigan.

Diles que lo Viste en *EL CENTRAL*

Tell them you saw it in *EL CENTRAL*

Film Fest

Con't from pg. 1

Or, spend time enjoying all of the films produced by future filmmakers when you view the movies produced by our youth," shared Dluge. Go to www.matrixtheatre.org, or find us on Facebook, Instagram, and Twitter to get the latest updates on this fun-filled weekend. And…see you at the movies!

Celebrating more than 30 years as a nonprofit community-based theatre, the award-winning Matrix Theatre Company is located in southwest Detroit and uses the transformative power of theatre to change lives, build community, and foster social justice. Go to www.matrixtheatre.org for further information. Matrix Theatre Company is funded in part by Detroit Industrial School Foundation, The Kresge Foundation, Knight Foundation, Hudson Webber Foundation, Michigan Humanities, and the Fred A. and Barbara M. Erb Foundation.

EL CENTRAL
HISPANIC NEWS

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EL CENTRAL informs and celebrates Metro Detroit's Hispanic and Latino community and Southwest Detroit in particular and supports the professional development of local reporters and photographers who seek to enter the journalism profession.

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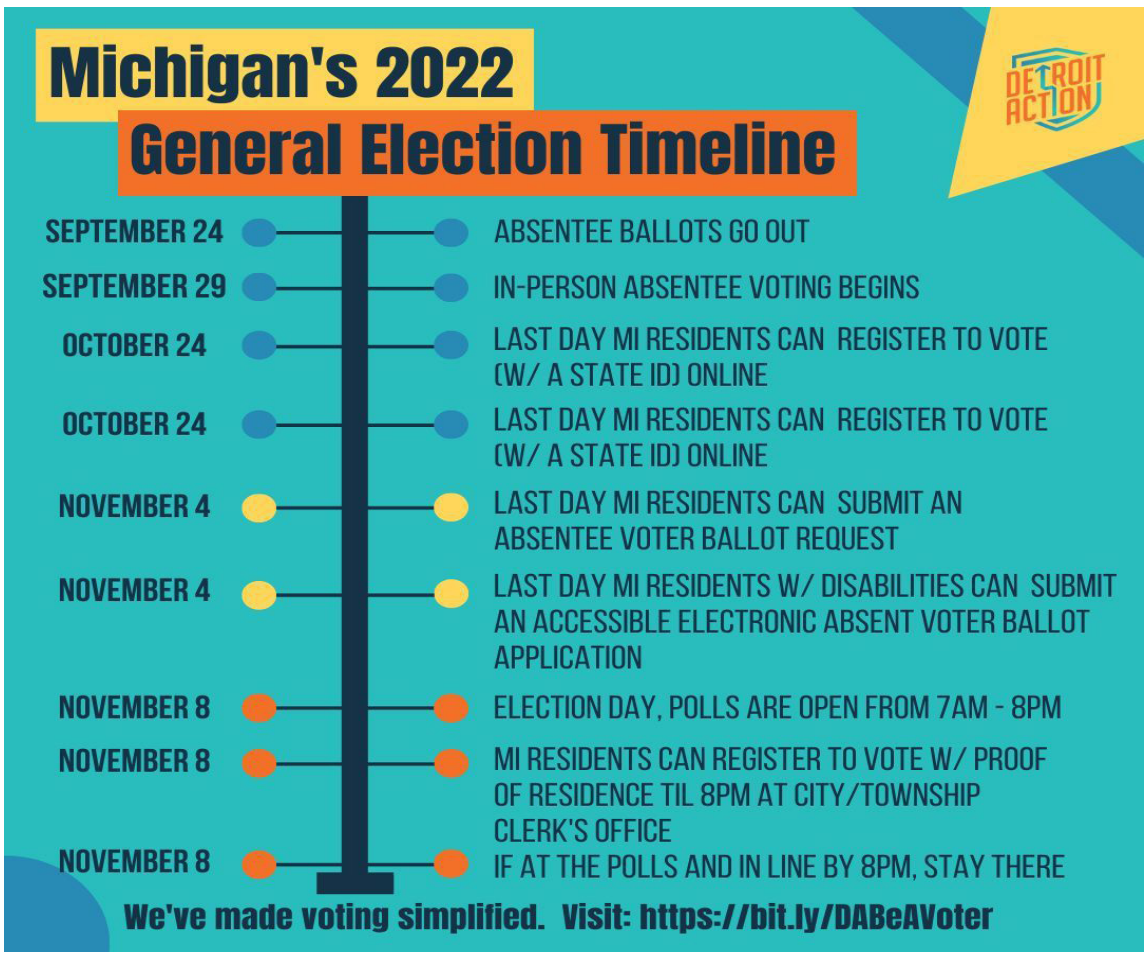
Michigan's 2022
General Election Timeline
DETROIT ACTION
SEPTEMBER 24
ABSENTEE BALLOTS GO OUT
SEPTEMBER 29
IN-PERSON ABSENTEE VOTING BEGINS
OCTOBER 24
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OCTOBER 24
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Gov. Whitmer Celebrates Impact of Student Debt Forgiveness on 1.4 Million Michiganders

Around 700,000 people will have their debt halved or forgiven entirely, keeping more money in their pockets, helping them pay the bills and invest in their future

Governor Gretchen Whitmer celebrated the impact of the recent decision to forgive $10,000 in student loan debt on Michigan's working families. Up to 50% of Michiganders with federal student debt could have their loans cut in half or forgiven entirely. The pause on payments for all borrowers has been extended through the end of the year.

"The decision to cancel $10,000 in student loan debt and $20,000 for Pell Grant recipients will make a real difference for 1.4 million Michiganders that have student loans, putting money back in their pockets," said Governor Whitmer. "Nearly 700,000 Michiganders will have their debt cut in half or eliminated entirely, lifting a huge burden off their backs. People can use these savings to buy a home, start a business, get married, or start a family. I will work with anyone to keep lowering the cost of higher education and offering more paths for Michiganders to earn a higher education tuition-free, without going into debt in the first place."

Reducing Debt for Michiganders

Michiganders earning less than $125,000 and married couples earning less than $250,000 will have $10,000 in student loan debt forgiven. Pell Grant recipients will have $20,000 in student debt forgiven. This decision will benefit up to 1.4 million Michiganders that have federal student loans. Today 30% of Michiganders with federal student loans, approximately 420,000 people, owe less than $10,000 and this opportunity would forgive all of their debt. Around 50% of Michiganders with federal student debt, approximately 700,000 people, owe less than $20,000, and their debt would be cut in half or forgiven entirely. Nearly 700,000 more Michiganders will receive important loan relief.

Additionally, the pause on student loan repayment, interest, and collections for all borrowers has been extended through December 31, 2022.

In tandem with the debt forgiveness, a new rule from the U.S. Department of Education will ensure that borrowers on income-based repayment plans will pay no more than 5% of their discretionary monthly income on student loans, down from 10%. This will cut out of pocket costs by half, saving Michiganders hundreds of dollars a month.

Public Service Loan Forgiveness Program Background

This decision is in addition to federal opportunities for Michiganders to reduce their student loan debt. The Public Service Loan Forgiveness (PSLF) offers loan forgiveness to those who work in public service after 10 years of employment and on-time payments. As of June 2022, 6,120 Michiganders have had $358 million in loans forgiven under the PSLF. Over 148,000 more Michiganders may be eligible due to the recent PSLF waiver. Borrowers can apply by visiting studentaid.gov/pslf/.

Governor Whitmer's Bipartisan Investments in Tuition-Free Higher Education

Since taking office, Governor Whitmer has worked across the aisle to make college more affordable by expanding tuition-free higher education and skills training for Michiganders over 25, future educators, and talented young students pursuing a degree at public Michigan universities.

She established and funded the bipartisan Michigan Reconnect program, which has put over 100,000 people on the path to tuition-free higher education or skills training. With the recent, bipartisan budget Governor Whitmer signed, Michigan funded $10,000 scholarships for 2,500 future Michigan educators every year and offered school districts funds for Grow Your Own Programs, helping districts train staff for teaching positions, tuition-free. She also expanded scholarships for young Michiganders pursuing higher education at one of the state's public universities.

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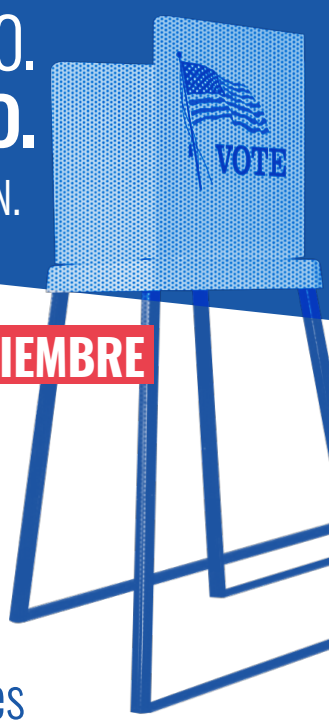

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Latino Awards

Con't from pg. 1

Likewise, the Latino Talent Awards usually seeks to showcase the cultural variety of the Hispanic community, so this year folkloric dances from Peru, Colombia, Venezuela, Argentina and Brazil were presented. Also, live Mariachi and Latin musicians such as Sebastián Duque from Colombia, gave a mini concert of pop ballads and Afro-Colombian urban singer-songwriter Tommy Papí sang some of his recently released songs.

Below is the list of the winners

1. Eva Torres – Líder Latina Comunitaria Award

2. Héctor Santiago – Líderazgo Latino Comunitario Award-

3. Consuelo Alcalá – Latina Legacy Award

4. Juanis Nava – Emprendedora Latina de Michigan Award

5. Maricela Castillo Mackenzie – Héroe de la Salud Award

6. Julián Guerra De La Torre – Embajador de Negocios Latinos Award

7. Sylvia Gucken – Amiga de los Latinos Award

8. Jimmy Tuman – Motivación Award- an award for giving toys on Christmas to Hispanic Children in Southwest Detroit.

9. Commissioner Ilona Varga – Special award for helping the Hispanic community in Southwest Detroit over three decades

10. Karilú Alarcón Forshee – Artista Activista

11. Georgina García - Michigan Latina Journalist

12. Chava Gómez "El Charrito"- Cantante Música Mexicana

13. Padre Nicho – Special award for helping the Latinos Most Holy Redeemer Church

14. Pepe Styles – ¡Promotor de la Belleza Latina!

15. Consul Roberto Nicolás – Special award for helping the Mexican community in Michigan

16. Amaury Carlin Gutiérrez – Special award for promoting the education among Hispanics

17. Lilia Vega Igram – Special Award for promoting and informing the community about the real estate market

18. Jessica Miller Ramírez – Special award for helping the Hispanic community in Southwest Detroit

19. Gloria Rosas – Emprendimiento Intergeneracional Latino

20. Fernando Molina – Emprendimiento latino

En esta foto el cónsul de México Roberto Nicolas, quien recibió un premio por la labor del consulado de México para informar y ayudar a la comunidad mexicana en Michigan.

Pictured here is Mexican Consul Roberto Nicolas, who received an award for the Mexican Consulate's work to inform and assist the Mexican community in Michigan.

Premios Latinos

Con't de pg. 1

Este año, los premios se celebraron en Lincoln Manor en Lincoln Park y, a diferencia de años anteriores, incluyeron a personas que, a pesar de no ser latinos, llevan años ayudando a la comunidad hispana en Michigan.

Y como de costumbre los Premios al Talento Latino mostraron la variedad cultural de la comunidad hispana, por lo que este año se presentaron bailes folclóricos de Perú, Colombia, Venezuela, Argentina y Brasil. Además, los asistente pudieron disfrutar en vivo, la música de los mariachis México 2000 de Salvador Torres y de los músicos Sebastián Duque de Colombia quien ofreció un mini concierto de baladas pop y el cantautor urbano afrocolombiano Tommy Papí cantó algunas de sus canciones recientemente lanzadas.

A continuación, la lista de los ganadores:

1. Eva Torres – Líder Latina Comunitaria

2. Héctor Santiago – Liderazgo Latino Comunitario

3. Consuelo Alcalá – Premio del legado latino

4. Juanis Nava – Premio emprendedora Latina de Michigan

5. Maricela Castillo Mackenzie – Permio héroe de la Salud Award

6. Julián Guerra De La Torre – Premio embajador de Negocios Latinos Award

7. Sylvia Gucken – Premio amiga de los Latinos

8. Jimmy Tuman – Premio motivación Award- un premio por regalar juguetes en Navidad a niños hispanos en el suroeste de Detroit.

9. Ilona Varga – Premio especial por ayudar a la comunidad Hispana

10. Karilú Alarcón Forshee – Premio artista Activista

11. Georgina García – Premio periodista Latina de Michigan

12. Chava Gómez "El Charrito" – Premio al cantante Música Mexicana

13. Padre Nicho – Premio especial por ayudar a la comunidad latina a través de la iglesia Most Holy Redeemer

14. Pepe Styles – Premio promotor de la Belleza Latina!

15. Cónsul Roberto Nicolás – Premios especial por la labor del consulado para ayudar a la comunidad mexicana en Michigan

16. Amaury Carlin Gutiérrez – Premio por promover la educación entre la comunidad hispana en Michigan.

17. Lilia Vega Igram – Premio especial por educar en bienes raíces y promover la compra de casas entre la comunidad hispana

18. Jessica Miller Ramírez – Premios especial por ayudar a personas indefensas y a animales de la calle en Southwest Detroit

19. Gloria Rosas – Emprendimiento Intergeneracional Latino por ser una de las pioneras en venta de artesanías para promocionar la cultura de México

20. Fernando Molina – Premio especial por emprendimiento latino en video y fotografía

En esta foto aparecen las mujeres de LA WEC, con la hermana Consuelo Alcalá quien recibió el premio al regado latino por su trabajo con la las mujeres víctimas de violencia doméstica en Detroit.

Pictured here are the women of LA WEC, with Sister Consuelo Alcala, who received the Latino Delegate Award for her work with women victims of domestic violence in Detroit.

En esta foto Jesse Gonzales Sr, quien le entrega el premio "Motivación" a Jimmy Tuman, quien lleva mas de 30 años dando regalos de navidad a niños de Southwest Detroit

In this photo, Jesse Gonzales Sr. presents the "Motivation" award to Jimmy Tuman, who has been giving Christmas gifts to children in Southwest Detroit for more than 30 years.

Diles que lo Viste en *EL CENTRAL*
Tell them you saw it in *EL CENTRAL*

Photos provided by Fernando Molina and Jesse Gonzales

En esta foto Sylvia Gucken de Ideal Group y Padre Nicho de la iglesia Most Holly Redeemer, quienes son dos personas muy queridas por la comunidad hispana, quienes a pesar de no ser latinos, son personas que llevan años trabajando y ayudando a nuestra comunidad.

In this photo Sylvia Gucken of Ideal Group and Father Nicho of Most Holly Redeemer Church, who are two people very dear to the Hispanic community, who despite not being Latinos, are people who have been working and helping our community for years

Desde la izquierda, Mark Moreno (Presidente de la Cámara de Comercio Hispana de Michigan), felicita a Gloria Rosas Baiocco y Georgina García

From left, Mark Moreno (President of the Michigan Hispanic Chamber of Commerce), congratulates Gloria Rosas Baiocco and Georgina Garcia

Jim Tuman started Jimmy's Kids in 1988 with 22 special needs kids. The charity has to date served hundreds of thousands of children and families in Wayne County and in particular, Southwest Detroit. Jimmy's Kids brings together three faiths, Christian, Jewish and Muslim, with the mission of serving the poor in every facet of their needs. The Christmas morning program draws more than 1500 volunteers and is streamed all over the world.
The charity is always looking for volunteers who want to make a difference. Go to jimmyskids.com for more information.

Sylvia Gucken con su familia, quien recibió el premio Amigo de los latinos por su trabajo para ayudar a la comunidad latina en Detroit

Sylvia Gucken with her family, who received the Amigo de los Latinos award for her work to help the Latino community in Detroit.

Wolverines - 41
Nittany Lions - 17 !!!

EL CENTRAL
HISPANIC NEWS
SPORTS
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Sports Editor: Dan Graschuck/ EL CENTRAL

This past Saturday, the #4 University of Michigan Wolverines (7-0, 4-0 in the Big Ten conference) beat #16 Penn State Nittany Lions (5-1, 2-1 in the Big Ten conference) at the Big House, in Ann Arbor, 41 - 17, in front of 110,812 fans (305th consecutive game with more than 100,000 fans at Michigan Stadium). The Wolverines have a BYE week this week, before the big rivalry game against the Michigan State Spartans, on Saturday, October 29th at 7:30 pm. at the Big House, in Ann Arbor. Photos provided by Dan Graschuck/ EL CENTRAL

Photos below are highlights from the University of Michigan Wolverines vs. Penn State Nittany Lions

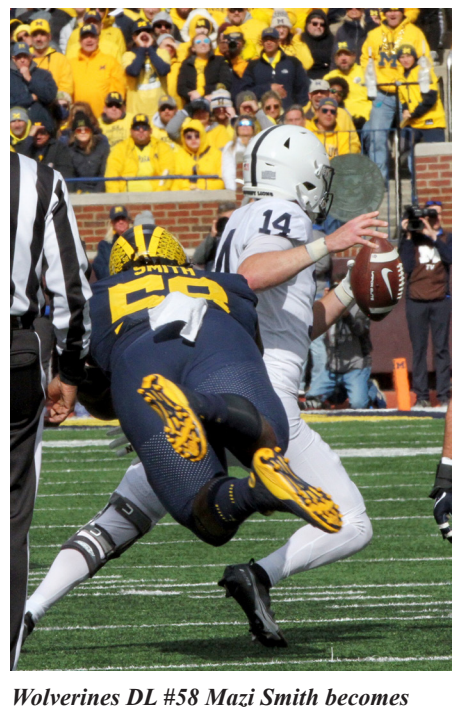
Fox Big Noon Saturday Halftime show, including Reggie Bush (center) and Urban Meyer (former Ohio State head coach), during Maize Out at the Big House

Wolverines QB J.J. McCarthy throws 2-point conversion to WR #8 Ronnie Bell. McCarthy was 17 for 24, for 145 yards with 0 TDs and 1 INT

Wolverines RB #7 Donovan Edwards scoring one of his 2 TDs. Edwards had 16 carries for 173 yards with 2 TDs, and 1 reception for 21 yards

Nittany Lions head coach James Franklin gets ready to lead his Nittany Lions to the field at the Big House

Wolverines RB #2 Blake Corum making a play against Penn State. Corum had 28 carries for 166 yards with 2 TDs and 3 receptions for 15 yards

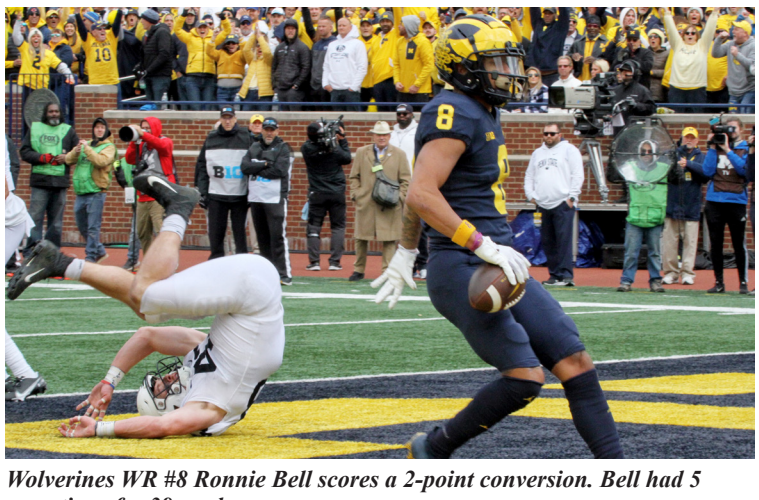


Wolverines DL #58 Mazi Smith becomes airborn to get after Penn State QB #14 Sean Clifford

Wolverines head coach Jim Harbaugh, watches play at the Big House

Nittany Lions QB #14 Sean Clifford has big run against the Wolverines defense. Clifford was 7 for 19, for 120 yards with 0 TDs and 0 INT, and had 6 carries for 74 yards

Urban Meyer (former Ohio State head coach), stays to watch the Penn State vs. University of Michigan game



Wolverines WR #8 Ronnie Bell scores a 2-point conversion. Bell had 5 receptions for 39 yards

Wolverines K #13 Jake Moody kicking a PAT. Moody was 4 for 4 on field goals for 12 points, and scored 3 points on PATS for a total of 15 points

Photos provided by Dan Graschuck/ EL CENTRAL

Tough Playoff Assignment Awaits

EL CENTRAL HISPANIC NEWS SPORTS
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David Levine
EL CENTRAL

For a first season in the USL Championship, a big jump from NISA and near amateur status, Detroit City will look back on 2022 with a lot of positive memories. They made the playoffs with a twelve point margin to spare. They even found time to knock off the Columbus Crew in the US Open Cup. Given a thin roster that was decimated by injuries to key players, this has been a major success. Crowds grew at Keyworth Stadium and gave a national television audience on ESPN a taste of what a serious game atmosphere can be when the supporters are the true heart and soul of club, a vast difference from the corporate atmosphere of MLS.

Still, with a few more positive results, it could have been so much better. The fantastic atmosphere generated by the Northern Guard and the other people who inhabit the East Stand didn't turn Keyworth into a fortress. Dropped points at home cost the team the opportunity to host a playoff game. City closed out the regular season, in front of 7,537 people, the largest crowd of the season, with another home loss. This one was particularly costly. Miami FC eked out a 1-0 over DCFC and leapfrogged Le Rouge in the Eastern Conference table. Coupled with Pittsburgh's 3-1 win over Oakland, DCFC dropped into the seventh spot in the Eastern Conference.

That drop means DCFC will open the playoffs on Saturday night against Memphis 901. The second seed are led by a familiar face to long time DCFC supporters. Ben Pirrman has built a solid team in Memphis after coaching DCFC for six years, including a run to the NPSL semifinals. He remains popular among the fan base. Current boss Trevor James can't waste time on sentiment. Memphis is one of the many clubs who took points at Keyworth. The clubs drew 1-1 in April before Memphis won 2-0 at Autozone Park in June.

James will have more injury concerns ahead of the playoff game Saturday night. Captain Stephen Carroll did not dress for the home finale against Miami due to a hamstring problem. Midfielder Brad Dunwell also missed out with an undisclosed injury. Both are key players. City missed Dunwell's industry and passing against Miami. Abdoulaye Diop can cover the ground defensively, but is not likely to play a killer pass and his shooting is typically off-target. He took two wild shots against Miami with his weaker left foot and killed City attacks by missing the target by a wide margin.

Miami's only goal on Saturday came just before halftime when Matt Lewis whiffed on a challenge at midfield and the visitors broke away three on one. Karl Ouimette didn't have much of a chance and Nate Steinwascher was easily beaten. That put an exclamation point on a poor first half by the home team. They failed to generate much of an attack. Right wing Richard Foster had two early opportunities to provide dangerous service, but his touch was poor and service wayward. That set the pattern for the rest of the game. When Yazeed Mathews came on in the second half, City increased the intensity of their approach, but failed to create a clear scoring opportunity.

Finishing seventh in the competitive Eastern Conference is not an embarrassment by any stretch given the difference given how well established the clubs ahead of them have been. However, there are several key games that could have and should have produced more points in the table. Twice DCFC conceded equalizers in stoppage time, New Mexico at home and Miami away. There also frustrating 0-0 draws with two of the worst teams in the league in Monterrey Bay and the New York Red Bulls II. That's eight points dropped. Those points would have put DCFC into the fourth spot and earned a home playoff game.

After the playoffs are over, whether that ends on Saturday in Memphis or in further rounds, Trevor James will have to assess the squad and see who should be retained and where an upgrade is necessary. The club has increased ticket prices, which could increase the budget for the playing staff. The roster needs depth, depth that James can rely on to deliver performances at the level of the league. But, that's for the future. Now, the focus has to be on Memphis and making a playoff run. Maybe finishing seventh isn't the worst thing, because DCFC's road record has been superb. The team is set up to play on the road where the onus is on the home team to deliver in front of their supporters. Is this all part of the plan?

Detroit City FC Lose To Miami FC !!!

Last week, Detroit City FC lost, to Miami FC, 1-0, at Keyworth Stadium, in Hamtramck, MI, for their final regular season game. Detroit City FC travel Autozone Park, in Memphis, TN, to take on Memphis 901 FC, in the first round of the USL Championship Playoffs, this Saturday, October 22nd, at 8:00 pm

Photos provided by Detroit City FC (photographer Jon DeBoer)

Photos below are highlights from Detroit City FC vs. Miami FC

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EDITORIAL OPINION

It's time for more Hispanic Judges in Michigan!

Opinion by Jane C. Garcia

My dear friends:

We have been waiting for years to have a Hispanic named to the 36th District Court. This court is among the busiest in the country and handles issues Detroiters face daily: evictions; marijuana charges; DUIs; traffic tickets; blight tickets and small claims.

Detroiters have little money but have big fees. Judges have a great deal of discretion on how such cases are handled. Currently, thousands of residents are facing eviction following the end of the moratorium on evictions and the upheaval in our economy caused by COVID.

The need for a highly qualified, bilingual judge is essential, now more than ever.

Neither a Republican or Democratic Governor has named a Hispanic in over 30 years. Judge Isadore Torres was the first Hispanic appointed by former Gov. James Blanchard and the last was Judge Maria Oxholm appointed by former Gov. John Engler in the 90s.

A write-in campaign for Laura Echartea for 36th District Court Judge, could make a difference!

With all that said, ten years ago, former Chief Judge Marylin Atkins did name a very qualified attorney, Laura Echartea, to a magistrate position. Throughout the years Laura has applied for an open judge position and time after time this very hard-working magistrate has been passed over.

It's very clear that we just don't count. So, if it can't be done by appointment, let's join together to do something different and make our own decision on supporting a Hispanic candidate for judge on the 36th District Court.

The absentee ballots have already gone out in Michigan, so together we can write-in Laura Echartea's name on the ballot for judge of the 36th District Court (and vote only for her for that elected office.) Who knows, maybe if all of us make an effort to get the word out she could make it.

A write-in campaign for Laura Echartea for 36th District Court Judge could make a difference!

If we can't join the system by asking or waiting for someone in authority to do it for us, let's do it ourselves for our own community. Please join us in this effort!

We can do this together!

¡Unidos Ganamos!

¡Gracias!
Jane C. Garcia
Detroit Resident

Magistrate Laura Echartea

Opinions in this Article are not necessarily those of the Publisher or Editor

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Salud/*Health*

Pain Management Options for Youth Sports Injuries

(StatePoint) Youth sports are an important part of a child's social and emotional development and fuel a healthy and active lifestyle. However, sports can result in injuries that may leave players sidelined. As parents, it's important to be prepared before an injury happens—and that includes being informed about opioid risks.

A child might be prescribed opioids—oxycodone, hydrocodone, morphine, etc. -- to manage pain after an injury, or following surgery or another procedure to treat their injury. In fact, sports-related injuries are often one of the first times children and teens are exposed to opioids. Opioids have side effects like nausea and dizziness, and can also lead to addiction and dependence. As millions of children face sports-related injuries each year, the risk of opioid exposure increases -- underscoring the need for education and awareness of non-opioid options and a plan for how to talk to providers.

Treating an injury with opioids can lead to misuse. Opioid misuse is 50% higher in kids who participate in high-injury sports than those who don't. The National Survey on Drug Use and Health found that 9.7 million people ages 12 and older misused prescription opioids in 2019. Improper disposal of opioids is another factor that can lead to misuse. Almost 90% of patients with leftover opioid pills didn't dispose of them properly, with many keeping them in their homes and some sharing them with family or friends.

Fortunately, there are safe and effective non-opioid options available for children that can help reduce, or eliminate the need for opioids after surgery. In fact, 94% of surgeons agree non-opioid options can positively impact recovery and the ability to return to normal function following surgery.

Conversations about pain management should happen long before injury or surgery, and families should have plans in place around injuries and how to navigate opioids and alternative options. Recently, the National Safety Council and Pacira BioSciences, Inc., which sponsored this article, partnered to launch Connect2Prevent, a program that aims to educate employees and their family members on the importance of preventing opioid misuse. Launching publicly following a pilot program, enrolled participants will receive weekly

lessons that provide information, action steps and ways to connect and communicate with teens, including evidence-based motivational interviewing strategies. The curriculum is focused on identifying opioid misuse, safe storage and disposal, stigma, talking to providers, refusal skills, harm reduction and more. Programs like Connect2Prevent and informative discussion guides can help prepare families for these important conversations. To learn more, visit nsc.org.

With fall sports season in full swing, the risk of injury increases. Understanding safe pain management can keep young athletes recover and stay healthy for years to come.

Lo que debe saber acerca de los tratamientos del COVID-19 que salvan vidas

(StatePoint) Si bien detener la propagación del COVID-19 es el objetivo, la realidad es que, todos los días, más personas contraen la enfermedad. Por este motivo, es importante conocer las opciones de tratamiento disponibles.

La Campaña de Tratamiento del COVID-19, desarrollada de forma independiente por la American Lung Association, con el apoyo de subvenciones de Regeneron y GSK, está compartiendo algunas ideas importantes sobre las opciones de tratamiento ambulatorio:

• Conozca sus riesgos. Es importante saber si tiene un alto riesgo de enfermedad grave debida al COVID-19, ya que esto puede determinar qué tratamientos tiene disponibles. Hay muchos factores que pueden ponerlo en la categoría de "alto riesgo", entre ellos si tiene 65 años o más, fuma cigarrillos, tiene una enfermedad pulmonar crónica, está inmunocomprometido o vive con ciertos trastornos de salud, como enfermedad pulmonar crónica, enfermedad cardíaca, diabetes y enfermedad renal crónica. Las personas con sobrepeso o embarazadas también caen en la categoría de alto riesgo. Puede ver una lista completa en Lung.org/covid-19.

• Pruebe, y luego trate, al inicio de los síntomas. ¿Experimenta síntomas que pueden ser de COVID-19? Hágase la prueba de inmediato. Si usted resulta positivo y es una persona de alto riesgo, hable de inmediato con su proveedor de atención médica sobre las opciones de tratamiento que pueden ayudar a prevenir la enfermedad grave y reducir el riesgo de hospitalización. Los tratamientos actualmente disponibles incluyen antivirales o tratamientos con anticuerpos monoclonales (mAbs). Su proveedor de atención médica puede ayudarle a determinar el mejor curso de tratamiento para usted, mismo que debe comenzar lo antes posible a fin de ayudar a prevenir la posible progresión de una enfermedad grave.

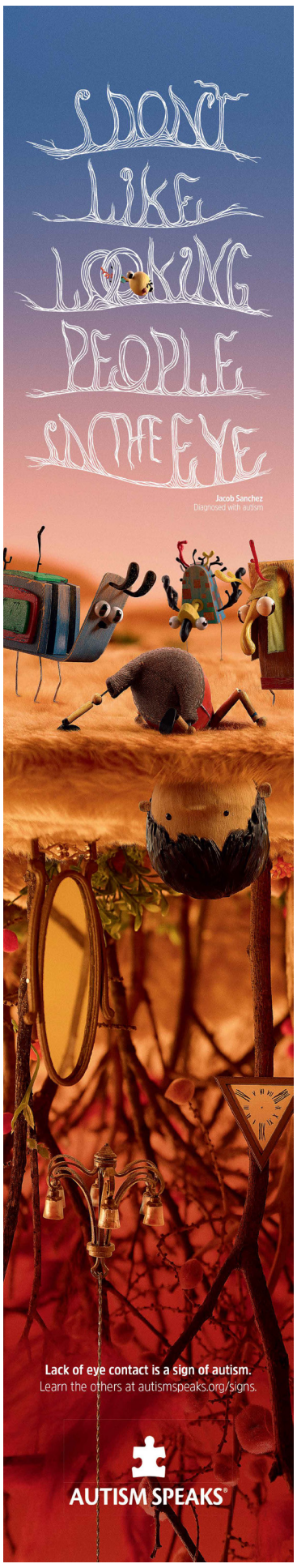
• Infórmese. La Administración de Alimentos y Medicamentos ha autorizado ciertos medicamentos antivirales y anticuerpos monoclonales. Los antivirales y los anticuerpos monoclonales pueden ayudar a su sistema inmunológico a combatir la infección por coronavirus, con la meta de evitar que enferme gravemente. Los antivirales se orientan a ciertas partes del virus con objeto de evitar que se replique, mientras que los anticuerpos monoclonales ayudan al sistema inmunitario a reconocer y detener mejor la infección. En ambos casos, los medicamentos deben ser recetados por un proveedor de atención médica y, para que sean efectivos, comenzar tan pronto como sea posible después del diagnóstico.

• Sea su propio defensor. Muchos pacientes han descubierto de primera mano que la persistencia puede ser necesaria cuando se trata de obtener tratamiento para el COVID-19. Cuando el padre de Jill Hein, de 83 años, dio positivo, su proveedor de atención primaria le dijo que no estaba muy enfermo, que se fuera a casa y llamara si se enfermaba.

"Cuando me transmitieron esta información, me opuse y le pedí que papá hiciera un seguimiento con su neumólogo de inmediato. No quiso, insistiendo en que su proveedor de atención primaria dijo que estaba bien. No fue hasta que le dije a mamá: 'Esto puede matarlo', que logré convencerlos y ella llamó a su neumólogo para una segunda opinión. A las cuatro horas de recibir la infusión, papá sintió que estaba mejorando. Durante los siguientes dos días, continuó mejorando en casa. Afortunadamente, se recuperó por completo", dice Hein.

Para obtener más información sobre las opciones de tratamiento, así como consejos de atención para el COVID-19, visite lung.org/treating-covid.

Con las personas adoptando menos precauciones a medida que se levantan las restricciones por el COVID-19, el virus se está propagando a un ritmo alto. La buena noticia es que hay tratamientos disponibles para los más vulnerables de nosotros a fin de ayudar a evitar enfermedades graves y hospitalizaciones.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